

South Pasadena Presents Senior Center



# Fun-ctional Fitness

**Class is designed to improve  
everyday  
functional living!**

**Mondays & Thursdays  
8:30-9:30am**

**Wednesdays 9-10 am**

*Beginning 12-1-16*

Class is designed to improve everyday functional fitness through upper & lower extremity strengthening, core, stretch and some aerobic training. Class led by Bill Shuttic, Certified Trainer, & Massage Therapist.



**Cost:**

**3 days per week \$26 month**

**2 days per week \$16 month**

**1 day per week \$10 month**

**Monday & Wednesday classes (Senior Center)**

**Thursdays (Library Comm. Room)**

**SIGN UP IN ADVANCE**

**Space is limited**

**For more information, contact us at**

**626-403-7360**

